



UCOOK

Dazzling Duck Wontons

with egg noodles, corn & fresh coriander


Learn how to make these impressive and delicious wontons, filled with a super tasty hoisin and shredded duck filling! Such big flavour in such little parcels. These crunchy delights are served with egg noodles loaded with corn and cabbage. So much yum!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Adventurous Foodie

 Robertson Winery | Chardonnay

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Ingredients & Prep

| | |
|---------|--|
| 4 | Free-range Duck Breasts |
| 4 | Spring Onions <i>thinly sliced, keeping the white & green parts separate</i> |
| 85ml | Hoisin Sauce |
| 4 cakes | Egg Noodles |
| 400g | Cabbage <i>thinly sliced</i> |
| 200g | Corn |
| 150ml | Dressing <i>(60ml Rice Wine Vinegar, 30ml Sesame Oil & 60ml Low Sodium Soy Sauce)</i> |
| 20 | Wonton Wrappers |
| 30ml | Sweet Chilli Sauce |
| 10g | Fresh Coriander <i>rinsed, picked & roughly chopped</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. DUCK Boil the kettle. Pat the duck dry with paper towel and place in a cold pan skin-side down without oil. Place over a medium heat and let the fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high and drain the excess duck fat. Flip the duck and cook for 4-5 minutes on the other side until cooked through. Remove from the pan on completion and allow to rest for 3 minutes. Once rested, using two forks (one to secure the duck and the other to shred), gently shred the duck.

2. SAUCY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the spring onion whites and fry for 1-2 minutes, until fragrant, shifting occasionally. Add the shredded duck and the hoisin sauce. Mix until the duck is fully coated in the sauce. Cook for 2-3 minutes until the sauce has reduced slightly. Season and remove from the pan.

3. NOODS Fill a pot with boiling water for the noodles, add a pinch of salt, and place over a medium-high heat. Once boiling, cook the noodles for 7-8 minutes until al dente. Drain on completion, return to the pot, and toss through some oil to prevent sticking. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and sauté for 3-4 minutes until softened, shifting occasionally. Add the corn and fry for 2-3 minutes until heated through. When the noodles are done, add the cabbage, corn, dressing, and seasoning to the noodles.

4. WONTONS Put a heaped teaspoon of the filling into the center of each wonton wrapper. Fold each wrapper into a triangle and press the edges to seal the filling inside (you can use water to stick the edges together). As you go, keep the sealed wontons covered with a tea towel to prevent drying out. On completion, bring the two corners of each wrapper together so that they overlap slightly, then press to seal them together. Alternatively, leave the wontons as triangles.

5. FRY Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the filled wontons and fry for 3-4 minutes or until golden, shifting occasionally. Drain on paper towel. You may need to do this in batches.

6. WOW! Plate the loaded noodles and garnish with the chopped coriander and the spring onion greens. Serve the wontons on the side with the sweet chilli sauce for dunking!



Chef's Tip

You can deep or shallow fry the wontons – as long as they are golden, you're good to go!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 622kj |
| Energy | 149Kcal |
| Protein | 9.4g |
| Carbs | 18g |
| of which sugars | 2.6g |
| Fibre | 1.3g |
| Fat | 3.7g |
| of which saturated | 0.9g |
| Sodium | 267mg |

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 3
Days